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In This Issue

Community Responsibility Beyond Medical Duties

Page 3

Herschel Walker Visits Naval Hospital Camp Lejeune

Page 6

56 NHCL Sailors Advance in Rank

Page 7

NHCL Unveils New Logo

Page 8

Special Double Issue: 2013 Year In Review ***A few highlights of this past year at NHCL***

NHCL Partners with ECU to Further Train Staff (April 2013)

Page 10

Operation Recycle: Command Teams Up to Clean Up (May 2013)

Page 11

Healing Wounds Through Art Therapy (July 2013)

Page 12

NHCL Opens Special Care Nursery (August 2013)

Page 13

On the Cover: The newly designed Naval Hospital Camp Lejeune Official Logo.

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Scuttlebutt is an authorized publication for Marines, Sailors, retirees and family members. It's contents do not necessarily reflect the views of the U.S. Government, the DOD, or the Naval Hospital Camp Lejeune Public Affairs Office. Questions or comments can be directed to the Editor-in-Chief, phone 450-4463, or the Managing Editor, phone 450-3914, or by email at nhclpao@med.navy.mil.

Community Responsibility Beyond Medical Duties



HM2 (FMF) Hailey Johnson

**By Karem L.
Alvarez
Red Cross
Volunteer**

The Naval Hospital Camp Lejeune (NHCL) Directorate of Surgical Services (DSS) staff is granting social responsibility to the city of Jacksonville civilian community. Beside their medical duties at the hospital, a group of Corpsman has been actively engaged in different volunteer

opportunities within the local community.

Every month, Hospital Corpsman 2nd Class (FMF) Hailey A. Johnson, NHCL OB/GYN Leading Petty Officer, plans a volunteer opportunity through the organization Volunteer Onslow. This year, she has already accomplished three significant events that have brought the local community together to a common sense of solidarity and community response. In April, a

group of about 15 Corpsman headed out to Possumwood Acres, a non-profit organization established in Hubert. Possumwood Acres relies solely on volunteers and donations to provide a wildlife habitat and rehabilitation center for injured and/or rescued animals. Some of the animals include opossums, hawks, various ducks, peacocks, baby squirrels, and other baby birds. At the site, owner and director, Toni O'Neil, gave them a tour and the chance to even hold one of the opossums. Then, they took part in a beautification project on the grounds that included pulling weeds, setting mulch, and planting vegetation to beautified one of the animal memorial gardens.

In July 2013, Johnson got approval to hold a food drive for the Onslow County Soup Kitchen. All departments in DSS and a few others collected goods for the soup kitchen. At the end of the month, they stocked the soup kitchen shelves with nearly 200 items. They also raked leaves, cleaned up planters, pulled weeds, and trimmed edges around the landscaping. In August, they also contributed by helping Carobell, Inc., a non-profit organization that provides services for children and adults with developmental disabilities, to better the landscaping around its building.

Johnson also serves as an adult mentor for the Drug Education for Youth (DEFY), a scientific based program developed by the Drug Demand Reduction Task Force (DDRTF). The program is offered at no cost and is funded by the Department of the Navy. It is designed for youths 9 to 12 years old, who can attend either a five-day residential program or an eight-day non-residential program at the Tarawa Terrace (TT) Religious Center.

A Letter From the NHCL Family Readiness Group



The NHCL Family Readiness Group (FRG) has been in existence for almost four years, and currently in the process of increasing our membership so that we can continue to offer our services to our NHCL families. Presently the FRG plans, coordinates, and conducts informational, care-taking and morale-building

activities with our primary focus on deployed families. In addition to spouses, the group may include parents, children, fiancés, retirees, active duty members, civilians and contractors. Command members (active duty, civilians and contractors) must participate in their personal capacity and are prohibited from managing, controlling, or holding leadership positions on the FRG. That being said, we welcome new ideas, talents, and energy as there are plenty of special projects, tasks, and events to support the FRG. Getting involved with a Family Readiness Group is a great way to get to know other people, to learn more about the Navy, and to support and give back our NHCL families.

If you are interested in learning more about or becoming part of the FRG, please contact frgnhcl@gmail.com.

Additionally, we welcome you to join us at our monthly meeting held the third Thursday of each month at 0900 on the fourth floor in the Internal Medicine conference room. We would love the opportunity to know you better and provide you with a better understanding of the FRG!

Upcoming Events

Flu Shots

Still haven't gotten your flu shot? We're holding a vaccine event at the Marine Corps Exchange.

Jan 23 through 25
10:00 a.m. to 6:00 p.m.

The event is open to all patrons with base access.

Protect yourself and the community and get immunized!

Chili Lunch Sale

Hosted by Naval Officers' Spouses' Club
Benefitting Our Benevolence Fund
Friday January 31, 2014 11:00 a.m.-1:00 p.m.
Near the Patient Elevators
Cost is \$5 per Lunch

NHCL Education Fair

January 23 from 8:00 a.m. - 1:00 p.m.
College representatives will be located at the NHCL quarterdeck directly behind the reception desk. Education briefs will be located in Galley classroom A. Navy NEC and Officer program representatives will be located in Galley classroom B.
For Specific Education Fair Questions Please Contact:
LT Halwany at 910-449-9667 or
RPC McDonald at 910-450-4070

Captain's Calls

January 27

3:00 p.m. - 4:00 p.m.
Quarterdeck
All Hands

January 30

3:00 p.m. - 4:00 p.m.
Quarterdeck
All Hands

January 31

10:00 a.m. - 11:00 a.m.
Building 15
DBC/Dental Staff, All Hands

February 4

6:30 a.m. - 7:30 a.m.
Quarterdeck
All Hands
12:00 p.m. - 1:00 p.m. MCAS NR DBC Staff, All Hands
1:15 p.m. - 2:15 p.m. Camp Geiger DBC Staff, All Hands
2:30 p.m. - 3:30 p.m. Camp Johnson DBC Staff, All Hands

February 5

12:00 p.m. - 1:00 p.m.
Quarterdeck
All Hands

February 6

12:30 p.m. - 1:30 p.m.
Caron Clinic
DBC Staff, All Hands
2:00 p.m. - 3:00 p.m. French Creek Clinic DBC Staff, All Hands

February 7

06:30 a.m. - 7:30 a.m.
Quarterdeck
All Hands
8:00 a.m. - 9:00 a.m. Bldg 326 DMH, DWC Staff, All Hands
1:30 p.m. - 2:30 p.m. Building 65 DPH Staff, All Hands

Naval Hospital Camp Lejeune wants to hear from you! Tell us how we are doing.

Do you have a comment, suggestion or complaint about your experience at Naval Hospital Camp Lejeune or any of its outlying clinics? If so, we would love to hear from you. There are several ways to share your information with us.

Please call Patient Relations at 910-450-4154/4155 and one of our representatives will be happy to assist you. Or you can use your Smart Phone to click on our QR code located on posters throughout the hospital and outlying clinics, on our public webpage and on our NHCL Facebook page, which will take you directly to our very own NH ICE (Interactive Customer Evaluation) comment card. Or you can log onto ICE via <http://bit.ly/nhcl-ice> on your personal PC.

NHCL uses this feedback to recognize staff who are doing an excellent job and to make meaningful changes in our hospital processes. If a process isn't working well, who better to tell us than our patients and their family members, who are utilizing our services.

NHCL's goal is to be the hospital of choice for our beneficiaries and to continue to provide quality, patient-centered care. Help us to help you...please provide your feedback, comments and suggestions.

How are we doing?

Use your smart phone to tell us about our service!

Scan the code below for direct access to the Interactive Customer Evaluation (ICE) for Naval Hospital Camp Lejeune.



No QR Code reader? Go here: <http://bit.ly/nhcl-ice>

Concerns, compliments, and suggestions welcome!

Questions? Please contact Patient Relations at 450-4154 or 4155.

NFL Superstar Spreads Anti-Stigma Message Against Mental Health During a Visit to NHCL



U.S. Navy Photo by HN William Cagle

Former Heisman Trophy winner and NFL Superstar Herschel Walker speaks to patients and staff at Naval Hospital Camp Lejeune during his visit Nov. 25. Walker spoke about his struggles growing up and the adversity he faced throughout his career due to his struggle with Dissociative Identity Disorder.

By Raymond Applewhite
NHCL Public Affairs

Former Heisman Trophy winner and NFL Superstar Herschel Walker returned to Naval Hospital Camp Lejeune (NHCL) to share his personal story with Sailors, Marines, Wounded Warriors, family members and base personnel, Nov. 25-26.

During his time at the hospital, he spoke to hundreds of Marines and Sailors as well as hospital staff, patients, and visitors. He also signed autographs, posed for photos, toured the hospital and interacted with the Naval Hospital staff and patients.

"We wanted to host this event again because many our Sailors and wounded warriors can personally relate to his story. Herschel was a big hit during previous visits. We are very pleased that his schedule allowed him to visit us again," said Capt. David Lane, commanding officer, NHCL.

Walker's personal story is compelling and he talked openly about having been diagnosed earlier in life with Dissociative Identity Disorder (DID). DID is commonly referred to as multiple personality disorder. Walker also talked about how he was bullied as a child and what he did to help him overcome this horrific period

in his life. The main point of his message is that people do care and it's okay to seek treatment.

Walker's athletic prowess remains impressive. He is a three-time consensus All-American college football player for the University of Georgia and Heisman Trophy winner. After college Walker turned professional and played for the New Jersey Generals of the United States Football League. He later joined the ranks of the National Football League where he played for the Dallas Cowboys, Minnesota Vikings, Philadelphia Eagles and New York Giants. Walker remains on the sports stage where he continues to shine as a Mixed Martial Artist.

After his initial meeting with the CO, Walker traveled to the Mental Health Village on the hospital compound to meet the mental health staff and patients. Following the meeting, he spoke to several hundred Marines, Sailors, hospital staff, patients, and visitors gathered at the hospital quarterdeck then signed autographs and took photos after his talk concluded. Walker then relocated to the hospital galley where he and joined Brig. Gen. Robert Castellvi, commanding general, Marine Corps Installations East, Marine Corps Base, Capt. David Lane and NHCL's Sailors of the quarter and of the year.

On day two, he visited with NHCL's mental health inpatients at Brynn Marr Hospital. NHCL partners with the Brynn Marr Hospital to provide behavioral health services to children, adolescents and adults. Walker's ability to connect with the patients and staff was paramount from the time he first walked into the room.

"Ain't no shame in my game, no matter how bad things get, always look up," said Walker. Walker's last visit to NHCL in 2012 was a huge success and morale booster. Based on the ooohs and ahhhhs from the crowd, it's safe to say that this visit paralleled his last.

NHCL Promotes 56 Sailors at Command Frocking Ceremony



U.S. Navy photo by HN William Cagle

The 56 Naval Hospital Camp Lejeune Sailors promoted during the fall promotion cycle stand in ranks for a group photo with the Command Master Chief (far left) and the Commanding Officer (far right).

By MC2 A.J. Jones
NHCL Public Affairs

Fifty-six Naval Hospital Camp Lejeune Sailors were frocked to the next pay grade during a ceremony on the hospital's quarterdeck Dec. 10.

The newly advanced petty officers were presented with a certificate of promotion and congratulated by Commanding Officer Capt. David A. Lane and Command Master Chief Edward Moreno.

"It's a great day for Naval Hospital Camp Lejeune... to be able to frock 56 Sailors to the next paygrade," said Capt. Lane. "It just goes to show the caliber of people we have here at the hospital. It's a great feeling to be the CO at times like this."

Frocking allows newly advanced Sailors to officially wear the rank and assume the responsibilities of the next higher rank without receiving pay for the promotion until their actual pay date.

For Hospital Corpsman 3rd Class James Byrum, earning

the title of a third class petty officer means reaching the first goal in his career.

"I feel like I made a big accomplishment in my life," said Byrum. "I am completely confident that I can take on the responsibilities of a third class [petty officer]."

The Sailors newly frocked as petty officers have waited close to three weeks to wear their first chevrons, since hearing the news that they had advanced. Prior to being frocked, junior Sailors attended a mandatory petty officer indoctrination course where they learned how to take on their new leadership roles, and new second and first class petty officers honed their leadership skills during second and first class indoctrination classes.

"It's a very humbling experience," said Hospital Corpsman 3rd Class Brittany Mitchell, medical photographer. "I think it's going to take a little time to get used to the new responsibilities, but I'll get there."

Lane concluded the ceremony by offering words of congratulations and commended the hospital's leadership and dedication to the command's success.

NHCL Redesigns Command Logo



By Anna Hancock
NHCL Public Affairs

Shortly after the unveiling of the new command logo, I had a chance to sit down with Naval Hospital Camp Lejeune's Commanding Officer Capt. David A. Lane, to discuss the change. We talked about things like why did we redesign our command logo or if so, why now. And what does this mean for the team at NHCL and for our patients. The following is an excerpt of the discussion.

Topic: Redesigning the command logo.

Background: About three years ago, Navy Medicine had a global transformation in the way we do business. Medical Home Port, a concept that places the patient at the center of health care, was rolled out to health care facilities around the world, and a movement called the "Patient Experience" began to take root in Navy Medicine. In light of this new way of doing business, Navy Medicine adopted a new motto that philosophically represents us, "World Class Care...Anytime...Anywhere," and unveiled a new logo to graphically represent our mission at the highest level. Approximately 15 months ago, Naval Hospital Camp Lejeune leadership decided it was time to take a hard look at the way we are serving our patients, and whether or not our philosophical and physical images represented ourselves, and our mission.

From the Commander's Perspective:

Among the many responsibilities you hold as the commanding officer, why was redesigning the command logo a project that you decided to take on?

The old logo caught my eye as soon as I arrived here. There simply wasn't anything that visually connected it to Navy Medicine or to the patients we serve. The centerpiece of the old logo was the signal hoist, Code Papa Golf, which translates to "steaming to assist." Navy Medicine retired that moniker several years ago, replacing it with a new slogan that speaks to the breadth and quality of care we provide around the world: "World Class Care. Anytime. Anywhere." In addition, almost no one knew that the gold wreath around the border was taken from Apollo, the god of healing in Greek and Roman mythology. And there was nothing on the old logo that told the story about what we do, which principally, is care for Marines and their families.

Couple all this with the fact that Naval Hospital Camp Lejeune has undergone a significant transformation the past few years. We have enhanced existing clinical programs (mental health, brain injury, substance abuse, primary care); added several new clinical services (pain management, maternal fetal medicine, neonatal intensive care, allergy and immunology, ortho spine); added gleaming new facilities and overhauled antiquated ones; purchased millions of dollars of state-of-the-art equipment (lasers in ophthalmology and dermatology, Calmare, 3T MRI, CT, CT SPECT); and, importantly, brought on hundreds more talented military and civilian healthcare professionals, all to provide more and better care to the Marines, Sailors, and their families in the Camp Lejeune area, all while continuing our excellence in Graduate Medical Education.

Some of the improvements were home grown. That is, clinicians and leaders at NHCL saw patient care needs that weren't being met, and then internally reorganized resources and processes to better meet the needs of our patients. Other improvements were external, and we had to sell various proposals to our bosses at Navy Medicine East and at BUMED. In both cases, though, we sometimes met resistance from naysayers who seemed resistant to changing what we did at NHCL or how we did it. In addition, I was continually amazed by how little people from around Navy Medicine knew about all the great things going on here – even some at our higher headquarters knew very little about NHCL. They thought we just an east coast version of Naval Hospital Camp Pendleton, when really, we have very little in common with NHCP. (I have to say I was guilty of this, too, until I arrive here last June to be the CO.)

Camp Pendleton both benefits and suffers from being located in Southern California and its robust medical marketplace, and from living in the shadow of Naval Medical Center San Diego (NMCSD). By contrast, this part of North Carolina, while beautiful, is medically underserved. Our closest tertiary care referral centers are in Wilmington and Greenville, both nearly two hours away. And the closest full-service military medical center is Naval Medical Center Portsmouth (NMCP), which is four hours away by ground.

All this is to say, that I thought we needed a new logo to wake everyone up, including our own staff, that the "new" Naval Hospital Camp Lejeune wasn't a sleepy, backwater medical treatment facility anymore. Over the past decade, we had quietly

grown into Navy Medicine's third busiest hospital, and our breadth and volume of services now more closely resembled NMCP and NMCS.

What did the command do throughout the year to realign our philosophical principles?

We've done several things over the past 18 months to realign our philosophical principles, both internally and externally. First, we held a series of planning and strategy sessions with our Board of Directors and representative mid-level and deckplate leaders. Through that process, we developed an explicit core purpose, "Ensure Strength Through Caring." We established a bold new vision, "To be the Medical Center of Choice." We refined our mission, "We serve our community through excellence in patient and family centered care, readiness, and professional development." And we agreed upon a set of guiding principles to steer decision making at every level: "Deliver the highest quality health care; Put the needs of our patients first; Take care of each other; and, Seize opportunities to improve."

Why was aligning our physical image to our philosophical principles important?

A unit's logo or crest is an important visual image of what a command stands for. It should give the world a sense of why the command exists, what its mission is, and who it serves. Having a bold new logo was only natural to go along with our forward-looking purpose, vision, mission, and principles.

How does our logo help us realign with Navy Medicine?

Both Navy Medicine and Navy Medicine East's logos prominently display a Geneva red cross, signifying medicine, and a map that gives a sense of their areas of responsibility – the world for Navy Medicine, and western hemisphere for Navy Medicine East. Although we greatly revised the concept our logo depicts, we stayed true to our roots and included North Carolina around the circumference of our logo.

What does the current logo mean?

I think the new logo captures exactly what the new Naval Hospital Camp Lejeune is all about. The prominent Geneva red cross signifies we're part of the Navy Medicine and Navy Medicine East team. The eagle, globe, and anchor and mameluke sword meld with the wings and interwoven serpents to create a subliminal image of a caduceus, the unmistakable symbol of our Hospital Corps, with its sacred bond to the Marines we serve and care for at NHCL. The central ship's wheel and peripheral silhouettes of North Carolina signal to viewers that NHCL is at the helm of medical care for patients in the Camp Lejeune area, and also reminds them we are proud of our Navy roots.

What message do you hope this change and this logo will send to staff and patients?

We aren't your father or mother's naval hospital. We are the medical center of choice.



U.S. Navy photo by HM3 Brittany Mitchell

The contrast between the old NHCL logo and the logos from Navy Medicine East and BUMED show why a change was needed.

NHCL Seeks Partnerships, Training Opportunities for Staff

By Anna Hancock
NHCL Public Affairs

Cutting-edge research, innovative training and community development were amongst the topics of discussion between leaders from Naval Hospital Camp Lejeune (NHCL) and representatives from East Carolina University's Operation Re-Entry North Carolina (ORNC) program April 2 in Greensboro, N.C. on the ECU campus.

Recognizing opportunities for growth and partnership, the visit served as an information exchange and demonstration of capabilities. Leaders from both teams discussed how joint efforts between a prestigious educational institution and the primary medical facility on the largest Marine Corps base on the East coast could lead to safer patient care, innovative research to help the wounded, ill and injured and overall medical readiness for the Marines and Sailors aboard Camp Lejeune and New River.

"ECU has a deep bench in most clinical and nursing specialties and subspecialties," explained NHCL's Commanding Officer Capt. David A. Lane. "Our staff will gain from enhanced education, and training opportunities offered at ECU...as well as skill maintenance and sustainment and possibly even telemedicine."

The day began at the campus' Psychophysiology Lab and Biofeedback Clinic where Dr. Carmen Russoniello and three ECU students demonstrated their research on Biofeedback and casual video gameplay in wounded warrior recovery. Biofeedback is a medical technique that employs a medical device to monitor an automatic body function with the intent to teach the individual to control the function. NHCL's Marine and Sailor Concussion Recovery Center (MSCRC) and additional outpatient clinical areas regularly provide biofeedback to patients as part of their recovery care plans, but the research conducted about video games and biofeedback by ECU students demonstrates the unique and population-relevant research NHCL leaders are open to exploring.

"The intellectual thought and rigor put into doing the studies makes for better patient care," explained Lane. "In general, teaching and research elevates everyone's game at a medical facility and makes the whole institution better, more capable."

The morning continued with a tour of ECU's Innovation and Design Lab where students presented their work in eye tracking, virtual gaming technology and three dimensional prototyping. The teams spent the afternoon discussing cutting-edge training opportunities with the university's Brody School of Medicine and School of Dental Medicine using simulated medical models, virtual training and community engagement. They discussed

the possibilities of implementing telemedicine between the two medical facilities to decrease the cost of specialty care and help bring the specialty and subspecialty services of a medical center, like Vidant at ECU, closer to NHCL.

Since 2012, NHCL has hosted representatives from ECU via ORNC including the College of Nursing and the Department of Nutrition within the College of Human Ecology. Together, according to Lane, the teams have collaborated to discuss how to improve hospital nutrition management operations and patient care in the MSCRC. Most notably, ECU and Vidant Medical Center medical experts and educators were involved in the planning for NHCL's Special Care Nursery and conducted expert training for NHCL nurses to practice safe and effective care of 32 week preterm

neonates. Lane continued

"Ultimately, the collaboration between NHCL and ECU will not only improve the quality of care for our patients, but any opportunity to work cross service with the Army, Veterans Affairs, Navy and Marine Corps brings us closer to the overall readiness mission for our staff members, the Marines and their families."

- Capt. David A. Lane

"Ultimately, the

collaboration between NHCL

and ECU will not only improve the quality of care for our patients, but any opportunity to work cross service with the Army, Veterans Affairs, Navy and Marine Corps brings us closer to the overall readiness mission for our staff members, the Marines and their families. We want to get rid of redundancies by sharing and collaborating to improve the work each other has done," noted Lane.

Funded by the Army, ORNC is a university-wide initiative to address the rehabilitation and re-entry concerns of military personnel, veterans and their families. The overall goal of ORNC is to develop and expand partnerships with military and veterans organizations.

NHCL has 60 active partnerships with educational institutions to improve training, education, patient care and ultimately readiness. The Naval Hospital's Staff Education and Training (SEAT) department plays a vital role in ensuring staff members have access to a wealth of opportunities in a variety of learning formats – on the job training, virtual, on-site or computer-based.

"Our education and training programs range from art therapy, to pharmaceutical to anesthesia and everything in between," noted Lt. Cmdr. Lorrie Meyer, SEAT department head. "We have partnerships with high schools, universities and community colleges. There's so much students and staff can gain from our partnerships."

Lane seconds that notion.

"We can always benefit by our collaboration with ECU and any other educational institution," said Lane. "Our staff can work at ECU alongside their staff and do more procedures that we may not do very often here. So when we need to do them, we're competent and current. It is vital that we are fully trained and current to perform in one's specialty."

Operation Recycle

Command Teams Up to Clean Up

By Anna Hancock
NHCL Public Affairs

Would you like 10,000,000 Americans to send you one dollar? One dollar likely wouldn't stress the sender's budget, but for the recipient, it makes all the difference.

An interesting thought, isn't it?

Gary Denson, the recycling coordinator for the Environmental Management Division (EMD) on Marine Corps Base Camp Lejeune opens his routine presentations with this thought provoking statement as he illustrates how one person can make a considerable difference in environmental sustainability and cost savings.

Naval Hospital Camp Lejeune (NHCL) leadership and staff members decided earlier this year that they will be the ones who strive to make a difference. With a mix of initiative, altruism and executive and base orders, the Directorate for Administration shored up a recycling program and hosted an Earth Day clean up April 22 marking command-wide efforts in teaming up to clean up.

Leaning Forward

In early 2013, Commanding Officer David A. Lane and Director for Administration Cmdr. Matthew Case noted how they planned to work with Denson to embark on a proactive recycling program. Simultaneously, NHCL's Operations Management (OpMan) Department was in the midst of reviewing local command instructions.

"The [local] recycling instruction belongs to OpMan which drew my attention considering our recycling efforts were very limited with little guidance," explained Lt. j.g. Serge Shkuro, operations management (OpMan) department head. "The program stood out as an opportunity to make immediate, long-lasting changes through the command. OpMan did the leg work and the CO and DFA provided the support."

After the review, the command set up 12 recycling bins for plastics and aluminums in high traffic areas targeting the quarterdeck and waiting areas in the pharmacy, Family Medicine Clinic, Obstetrics and Gynecology Clinic, Emergency Department and the Lighthouse Café. Twelve additional bins are expected and will be placed in employee break rooms and staff areas in the near future.

"Recycling every bottle, aluminum can and piece of paper helps reduce the time it takes to fill a landfill and potentially saves millions of dollars over the average 25-30 year life span of a landfill," Denson noted. "I'm happy to work with the hospital as they stand up their recycling program."

The History

In October 2009, a presidential executive order was signed setting sustainability goals for Federal agencies that focus on improving their environment, energy and economic performance. Among the many requirements expressed in the

order, a 50% recycling and waste diversion by 2015.

NHCL took part in recycling efforts for corrugated cardboard and office paper long before 2009. However, accessibility and knowledge of the recycling program often posed the largest obstacles. Only the staff members who knew of the program brought their materials to the loading dock for recycling. Otherwise, recyclable materials were discarded in regular waste receptacles.

Since the executive order, the base is making progress towards the diversion goal but well before 2015. In fiscal year 2012, the base generated 46,000 tons of solid waste. Of the 46,000 tons, the base recycled or diverted 12,250 tons. In just March 2013, the base recycled or diverted about 573 tons. While metrics are still in the works to measure the progress of NHCL command initiatives, leadership note how the frequency in which the bins have to be emptied is increasing at a rapid pace.

Teaming Up to Clean Up

In line with the recycling efforts, more than 80 civilians and Sailors teamed up to take part in a hospital ground clean up in observance of Earth Day on April 22. Earth Day, an observance established on April 22, 1970 in response to growing public concern about ecological crises, has long been observed by military members around the world. And NHCL staff members certainly understood the cause.

The volunteers covered specific areas of the hospital grounds designated by facilities management that were according to directorate. They picked up trash, cleaned the area of debris and enjoyed taking part in volunteer work for the greater good of the hospital, the patients and the environment. Approximately 30 bags of trash were collected in an hour's time.

The Right Thing To Do

Amongst other environmentally sustainable initiatives throughout the command, the new multi-million dollar construction and renovation projects are the largest. Each building project follows the sustainability design standards set forth by the General Services Administration's Leadership in Energy and Environmental Design (LEED) Green Building Rating System.

Along the LEED design standards, an energy efficient green roof was constructed on the outpatient clinic building, local building materials were used when available to reduce the cost of fuel required for procurement, and carpool parking spots close to the facility were designated to incentivize environmentally friendly decisions by patients and staff members.

"What I like most about our team is that we are a group of forward thinkers who value the benefits reaped from working together as a team," explained Case. "We do these things like recycling, Earth Day clean ups and 'going green' in our construction and renovation projects because we know it's the right thing to do, and we are committed to bringing value in everything we do."

Healing Wounds Through Art Therapy



U.S. Marine Corps photo by Cpl. Charles T. Clark

Exhibit attendees read descriptions of the artwork displayed during the Naval Hospital Camp Lejeune's art therapy art exhibit themed, "Healing Wounds Through Expressive Freedom" held on the hospital quarterdeck June 7. The exhibit featured more than 30 pieces of artwork created by patients undergoing treatment in NHCL's art therapy program.

By Anna Hancock
NHCL Public Affairs

Naval Hospital Camp Lejeune's (NHCL) art therapy program art exhibit came to a close June 14, after more than a week of thought-provoking display on the hospital quarterdeck.

Themed, Healing Wounds Through Expressive Freedom, the purpose of the exhibit was three-fold. It was designed as a therapeutic platform for patients to display and discuss the experiences that inspired their artwork, and to serve as a unique aesthetic experience teaching exhibit goes about the benefits of art therapy. For many patients, it posed as a challenge for them to conquer, as they publically talked about overcoming the stigma surrounding seeking treatment for mental health and wellness.

"Art therapy can be an integral part of the healing process for many service members who have experienced a trauma and who are looking for ways to transform their lives and move forward with a stronger sense of identity and resilience," explained NHCL's Art Therapist Gayla Elliott. "Most of our patients are overcoming post traumatic stress from combat-related experiences, but this modality can also be effective for patients who have experienced traumatic brain injury as well."

With more than 30 pieces of artwork, the exhibit featured paintings, drawings, masks, sculptures, and poetry. Patients and their family members stood next to their art throughout the week,

discussing their combat trauma experiences that led to their creations.

"My husband had delayed post traumatic stress disorder," explained Lali Vega, a spouse of one of NHCL's art therapy patients. "I started noticing symptoms, and he decided to get help. Art therapy has done well for him, taken him out of his shell."

One of the most notable successes of art therapy, according to Elliott, is how it gives a voice to patients who have experienced trauma, but are either reluctant to get help or have difficulties talking about their experiences. She also noted how most of the patients have little or no experience working with the various mediums of art therapy.

"Unconscious material is often shown through art," said Elliott. "Even if the artwork is not mechanically perfect,

the content has deep meaning for the patient and once it is put on paper, the patient can see both the art and the problem face to face. I help the patient understand the images and the best methods to overcome what is depicted."

NHCL's art therapy program treats approximately 50 patients per week in group and studio sessions and individual counseling appointments. It was established in 2009 as part of the hospital's Mental Health Directorate and is used as an adjunct therapy that integrates the fields of human development, visual art, and the creative process through models of counseling and psychotherapy. It continues to be one of NHCL's most effective post-traumatic stress disorder treatment programs.

NHCL's art therapy program also focuses on helping patients learn how to resolve conflict, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem, achieve insight, develop hand-eye coordination and increase concentration and focus.

"Sometimes when we're discussing his artwork, it feels like we're going backward, reliving the trauma, and it hurts," said Vega. "But really, we're moving forward and it lets me see what he sees through his art since he doesn't speak about it. And our family and his career has been better because of it."

NHCL offers group, studio and individual art therapy sessions. For information on referrals or the studio sessions, please talk to your provider or call 450-5486.

NHCL Opens First SCN in 30 Years Navy History



U.S. Navy photo by MC2 A.J. Jones

Sgt. Ryan Archer and his son Brody look at the family's newest addition EllaMae Archer, in the new Special Care Nursery at Naval Hospital Camp Lejeune, July 26.

By MC2 A.J. Jones
NHCL Public Affairs

Naval Hospital Camp Lejeune (NHCL) held a ribbon cutting ceremony to mark the official opening of the hospital's new Special Care Nursery (SCN), July 2.

The SCN has nine private family rooms to foster patient- and family-centered care. This is a marked improvement from the eight bed basic care nursery that NHCL once had. Before the opening of the SCN, infants that were born prematurely often had to be transferred over an hour and a half away to either Wilmington, N.C. or Greenville, N.C. to receive the care they needed.

"Our goal is to deliver and take care of more pre-term babies and sick babies," said Cmdr. Cynthia Schultz (Dr.), NHCL's first Neonatologist. "By opening the facility and providing an increased level of care for sick newborns, we are able to capture those patients, keep them here and keep the families together."

The SCN is classified as a Level II Special Care Nursery. Over time the command plans to augment staff, enabling NHCL to take care of infants that are born as early as 32 weeks, according to Schultz.

"It's been over 30 years since a newly dedicated Special Care Nursery or Neonatal Intensive Care Unit has been established in the United States Navy," said Cmdr. Robert Englert (Dr.), Neonatal Specialty Leader for Navy Medicine. "Historically NICUs (Neonatal Intensive Care Units) or Special Care Nurseries are reserved for the large medical centers and

large training centers. Well, Camp Lejeune actually surpasses at least one of those hospitals annually with deliveries, and ranks in the top five in the Department of Defense for annual deliveries, delivering over 200 babies per month."

"The opening of the new SCN wouldn't have been possible, if not for the help and support from local civilian community hospitals and medical centers," said Capt. David Lane (Dr.), commanding officer of NHCL.

According to Lane, with so many babies being born and limited resources before the opening of the new SCN, NHCL was transporting approximately 50 high risk and premature infants to higher level care facilities in the region. The opening of the SCN will allow NHCL to take care of half of the infants that were previously sent to other hospitals. This means less hardship on the families of these children, because

they can now receive the care they need at NHCL.

"The goal is that this is your home, we want to keep the families at their home," said Dr. Fernando Moya, Director of Neonatology, New Hanover Regional Medical Center and Coastal Carolina Neonatology, the guest speaker for the ribbon cutting ceremony. "You have our pledge that we are going to work with you to keep babies here."

Capt. Lane and Dr. Moya's hopes for the new SCN fell close to home for the Archer family.

EllaMae Archer was born July 25 at 9:30 p.m. She weighed five pounds, five ounces and was 18.25 inches long. EllaMae was also six weeks premature.

"We were so excited," said Rachel Archer, EllaMae's mother. "We thought we would have to go to Wilmington to have her, and we were scared we'd have to leave her that far away."

The stresses of having a premature baby are bad enough, but when that stress is compounded with not knowing how you'll stay near that baby while it receives any special care that it may need, can be overwhelming.

According to Archer, she and her family have always had great experiences when they had to visit NHCL. She was concerned about having to visit a new hospital, and not receiving the standard of care she was used to. "The staff [at NHCL] is awesome," said Archer. "They always answer any questions we have right away."

For now, Archer says that EllaMae will just have to take it step-by-step, but she has the utmost confidence in the staff of the new SCN. "I could tell they are definitely dedicated to what they do," said Archer.

